

ABSTRACT

The self-inflating article of the present invention contains a self-inflating personal care article contains, an inflatable bladder containing a substrate, at least one rupturable reservoir, a cleansing composition wherein said rupturable reservoir is positioned within the sack of the inflatable bladder. The self-inflating article surprisingly provides effective cleansing benefits to

5 the skin and hair in a convenient, inexpensive, and sanitary manner.